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LOW-COST DIET SUGGESTIONS

CONSUMER TIPS > >

(Recommendations of Bureau of Home Economics, USDA
to meet the new yardstick of good nutrition)

GENERAL PLAN

Milk (to drink, or in other foods): 3 to 4 cups daily per child; 2 to 3 cups daily per adult.

Vegetables & Fruits: potatoes & sweetpotatoes, twice a day; dry beans, peas, nuts, 4 times a week; tomatoes, citrus fruits, other Vitamin-C-rich food, 5 servings a week; leafy, green, & yellow vegetables, 6 servings a week; other vegetables & fruits (apples, peaches, prunes, apricots, etc.), 6 servings a week.

Eggs: 3 to 4 a week for each person.

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(over)

Lean meat, fish, poultry: 5 or 6 servings a week.

Other foods: cereal dish, 1 to 2 times a day; bread, in some form at every meal; dessert, once a day if desired.

DINNER IDEAS

Main dish: Boston baked beans; meat loaf; lamb stew; lima beans & salt pork; salmon loaf; spaghetti with meat balls & tomato sauce; stuffed pork chops.

Potatoes: mashed, creamed, crisp fried, baked.

Vegetables: buttered carrots; scalloped tomatoes; scalloped corn & tomatoes; "greens;" cabbage; peas.

Bread: whole wheat; rye; enriched white; corn bread.

Dessert: custard pie; gingerbread; chocolate bread pudding; bananas; apple brown betty; scalloped peaches.

Beverage: milk for children.

CONSUMERS' COUNSEL DIVISION

U. S. DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C.